

## Suggested alternatives

### 1) Stay informed

As the landscape is changing at a rapid pace, please stay up-to-date with latest facts about the coronavirus.

Local website: <https://www.clark.wa.gov/public-health/novel-coronavirus>

Call center: 1-800-525-0217 6am – 10pm daily

Superior Court notifications: [www.clark.wa.gov/superior-court](http://www.clark.wa.gov/superior-court) or [www.clark.wa.gov/therapeutic-courts](http://www.clark.wa.gov/therapeutic-courts)

### 2) Stay connected

Please make sure the Drug Court team has the most updated phone number to reach you, that your voicemail is set-up and cleared for us to leave you a message and/or that you have an email address. If you do not have access to a phone, please let us know that and best way to get a message to you (family/friend/etc.). You may want to sign more releases of information with your treatment provider to be able to leave important messages.

### 3) Stay healthy

- If you are sick, stay home and follow the advice of your health care provider
- Wash your hands with soap for 20+ seconds or more
- Do not touch your face
- Cover your mouth and nose with a tissue when coughing and sneezing, throw away tissue and wash your hands or sanitize.
- Communicate with your treatment court team of your circumstances by calling in, sending texts/emails
- Social distancing is an effort to stop the community spread of the contagious virus and whenever possible, stay home whenever possible, avoid any gatherings with 10+ more people and try to stay 6 feet away from others. Constantly wash hands/sanitize.

### 4) Stay calm and get creative with supports

Internet supports:

**TED Talks:** (watch a video and write a brief summary about what was learned, anything disagreed with and a list of ways to incorporate any info into their lives)

<https://www.arise-network.com/news/2017/12/04/5-ted-talks-anyone-struggling-trauma-or-addiction/>

<https://soberish.co/ted-talks-sobriety/>

<http://mindfulhope.com/13-brilliant-ted-talks-addiction-recovery-trauma-healing/>

**YouTube video:** search topics such as: “addiction recovery” “sobriety” “grief/loss” “trauma support” for and write reflective paper

## Online Support Groups

[https://unityrecovery.org/digital-recovery-meetings?mkt\\_tok=eyJpIjoiWW1SaFIXSmhPVEJsT0dZeSIsInQiOiJobXFPZEpWNzIzUk9YTkZJdmI5dmx0SEtnWU1WQ3E5R0JHcHpMM0wycml2MHJIUUFJFMWx5Sml6TDcwcUJYdzlVbFpqeUN2XC9DcDBuM0t0XC9WTGRpSENqOXpZQ3VHZWJybklVak9xUDJ6eWp0MlwwdXBSR0p5OFloSWVjZk95SWRyTSJ9](https://unityrecovery.org/digital-recovery-meetings?mkt_tok=eyJpIjoiWW1SaFIXSmhPVEJsT0dZeSIsInQiOiJobXFPZEpWNzIzUk9YTkZJdmI5dmx0SEtnWU1WQ3E5R0JHcHpMM0wycml2MHJIUUFJFMWx5Sml6TDcwcUJYdzlVbFpqeUN2XC9DcDBuM0t0XC9WTGRpSENqOXpZQ3VHZWJybklVak9xUDJ6eWp0MlwwdXBSR0p5OFloSWVjZk95SWRyTSJ9)

<https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/>

<https://www.bing.com/videos/search?q=narcotics+anonymous+online+meetings&qpv=narcotics+anonymous+online+meetings&FORM=VDRE>

<https://www.aa-intergroup.org/>



**Digital All Recovery Meetings**

WEconnect, Unity Recovery, and the Alano Club have partnered to offer 4x daily all recovery meetings to anyone in the world. Meetings will follow an open format and are available to anyone in or seeking recovery.

**7 days a week**  
**9AM, 12PM, 3PM, 9PM EST**

Join directly by navigating to  
**unityrecovery.zoom.us/my/allrecovery**  
in your browser or from your smartphone

**UNITY RECOVERY**  
RECOVERY COMMUNITY ORGANIZATION

 **WEconnect**  
HEALTH MANAGEMENT

 **ALANO CLUB**  
OF PORTLAND



### **ZOOM MEETINGS:**

**Daily at Noon HTTP//zoom.us/j/9590196128 meeting ID 9590196128**

**Rock Bottom: Enter ID 37018766358 after you install the ZOOM app.**

### **Local Face Book recovery Forums:**

**If you request to be added to this forum you will have access to multiple meetings that are being help online. They post updates often. Go to **Vancouver AA Peeps** and request to be added.**

### **Download free APPS on smart phones**

InTheRooms	12 Step Guide – AA	AA Big Book free	Meeting Guide
12 Step Toolkit	NA Speakers	Sober Grid	We do Recovery
Celebrate Recovery	AA 12 Step App – steps toolbox	Sobriety Quotes	WEconnect
Pocket Rehab	Recovery Today	Sober Tool	Mindfulness Coach
Cognitive Behavioral Therapy	PTSD Coach	PTSD free	Grief Support Network
Coping with Grief	We are more	MyGrief	CBT DBT Coach
DBT selfhelp	Change your thinking, change your life	The Power of positive thinking	

## **Create your own support meetings:**

APP: Zoom cloud meetings – create your own support meeting

Free Conference call

Google hangout chat

## **Other ideas**

Sesame Street in Communities – create a free account, watch webinars, do projects with kids

Research papers on specific topics

Reflective papers on some recovery slogans, poems, etc.

Worksheets

### **Workbooks:**

- Personal and intimate relationship skills
- Assertiveness
- Untangling relationships (for co-dependent)
- Job Readiness a CBT workbook
- Client Recovery workbook
- Client Cognitive Skills workbook
- Client Life skills workbook
- Responsible living
- Filling the inner void
- Something for nothing